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## The Portland Spectator, February 2014

Portland State University. Student Publications Board

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PORTLAND MAGAZINE

# SPECTATOR

FEBRUARY 2014



CHOCOLATE  
THIS IS ~~MADNESS~~



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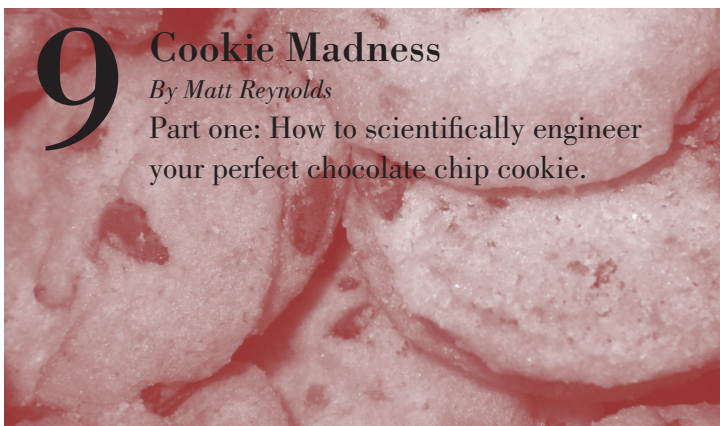
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I don't know about you, but winter term always hits me like a bulldozer. It's like a bad hangover after fall term—the groggy feeling of waking up knowing you're going through another three months of work-your-ass-off-toward-a-degree, only this time you're kind of sick of it, and that nasty cold wind doesn't help one bit. Your brain is already fried from fall term. You just want the term to be over and spring break to get here. And you could really use a steamy hot meal.

Well, The Spectator can't exactly bend the time-space continuum and make spring break arrive any faster, but we can at least point you in the direction of some hot grub.

If you're a fan of southern BBQ, check out our restaurant review of Podnah's Pit (pg. 7). If you're the kind of person who likes to wash down a meal with a pint or two or three, see our guide for finding the bars with the best food (pg. 15). If you're into coffee, we've got the rundown on everything you need to know about beans and roasts and where to find that perfect cup of joe (pg. 17). And how about a cookie with your coffee? Flip to pg. 9 for part one of how to bake a scientifically supreme chocolate chip cookie.

Warm food and drink is swell and all, but if you're feeling a bit investigative, check out pg. 3 for a glimpse into the terrifying world of unpaid internships, and the legality of free labor in this country. Also, during week 7 of this term, the Portland State University Student Union will be hosting Student Power Week. If you're fed up with the administration and want to change things around here, see the bottom of this page for a calendar of awesome events that will put you in touch with like-minded students.

Don't let a grueling winter term get you down. Just fill up on some BBQ, guzzle down that quadruple-shot americano, stuff your face with delicious cookies, and you'll be so cracked out that you can handle anything your professors throw at you.

Ah, who needs adderall when you have coffee and cookies and (responsible) alcohol consumption? Among other things...

Please drink and ingest responsibly.



Jake Stein  
Editor In Chief

During Week 7, the Portland State University Student Union (PSUSU) will be hosting a PSU Student Power Week. These events will provide excellent opportunities to learn about student organizing and activism, and connect with other interested students.

#### **Monday, Feb. 17**

Lisa Fithian, community and labor organizer, will be speaking about her experiences organizing as a student, and will also host a training session on facilitating general assemblies.

#### **Tuesday, Feb. 18**

Student unionists from Chile will be speaking about their process of organizing, as well as how "to create solidarity across hemispheres."

#### **Thursday, Feb. 20**

Students from Evergreen State College will speak about their successful fight for more sustainable food on campus, and how PSU students can make it happen here.

#### **Saturday, Feb. 22**

A PSU Student Power Convergence will be held as a place for students to come together, talk about their different causes, figure out how to support each other, and discuss how PSU can be improved to meet the needs of all students.

For location information, visit [www.psu.org/events](http://www.psu.org/events)

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The Portland Spectator serves the student body by facilitating thought-provoking discussions. We are dedicated to upholding a diverse forum of debate; we seek to establish voices for those in the student community who are otherwise unheard, and create an alternative avenue to publish new angles in current political or PSU community-related conversations, for the purpose of testing institutions already in place and expanding the minds of our campus.

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## Free Labor

The Job Interview of the 21st Century

By Colin Staub



**A**s spring approaches, graduating students will be searching for opportunities for the future. Those who find openings within their fields of study will be vying for these positions, many of which will come in the form of internships.

Molly Donegan, a former PSU student, interned with Canary Marketing, where she learned about various trends within the marketing industry. Her tasks were differentiated from actual employees of the business, as she did “all the physical things, and they did everything on the computer.” She had a positive experience, and was paid for her contribution to the business.

Some internships, however, are not so nice. An increasing number of internships do not pay the interns, a controversial practice that has provoked discussions about the purpose of interning. “I don’t think I’d ever do that,” says Donegan, “unless it was definitely going to lead to a job.” Her rationale is the reason many people are willing to take unpaid internships—working for free sounds slightly better with the guarantee of money in the future. But this practice, along with several others common to internships, is actually forbidden by United States labor laws.

In 2010 the U.S. Department of Labor published “Fact Sheet #71” in an effort to clear up existing confusion regarding the legality of unpaid internships. The fact sheet has six requirements an unpaid internship

at a for-profit company must meet in order to comply with the Federal Labor Standards Act (FLSA). One of the tenets states that “the intern is not necessarily entitled to a job at the conclusion of the internship.”

Of course, the words “not necessarily” allow for a range of interpretation, and unpaid interns often end up with full-time jobs—less often, though, than their paid counterparts. A 2013 survey by the National Association of Colleges and Employers (NACE) shows that 63 percent of paid interns received at least one job offer—far above the 37 percent of unpaid interns with a job offer. Furthermore, 35 percent of students with no internship at all received at least one job offer, suggesting that while a paid internship adds a competitive advantage, unpaid internships provide only negligible leverage in the job market.

In addition to forbidding job guarantees, the FLSA fact sheet lists other distinctions that separate unpaid interns from compensated workers. These include that “the internship experience is for the benefit of the intern,” “the intern does not displace regular employees,” and, perhaps surprisingly, “the employer that provides the training derives no immediate advantage from the activities of the intern; and on occasion its operations may actually be impeded.” An unpaid intern is supposed to get in the way from time to time.

In spite of these stipulations, violations occur across the board. A 2013 article published by the *Ohio State Entrepreneurial Business Law Journal* acknowledges

that “standard business practice is to have unpaid interns work in ways that violate the law.” This is particularly troubling given the spike in unpaid internship positions in recent years. The article uses Stanford University’s career postings as an example, showing that there were 174 unpaid internship positions in 2009, a number that rose to 643 by 2011. An economic downturn combined with a crop of highly qualified graduates provided a perfect breeding ground for this surge of internships.

Laws surrounding unpaid internships have not changed in over 60 years, according to the Ohio State article. However, the spike in unpaid positions led to the 2010 FLSA fact sheet, which has now been cited in several high-profile court cases. The most prominent has been the class action suit against Fox Searchlight Pictures, Inc., in which former Fox interns claimed that “Searchlight and [Fox Entertainment Group] violated federal and state labor laws by classifying them as unpaid interns instead of paid employees.” In the summary judgment, the judge went through the FLSA list of requirements, and found that Fox had violated five of the six rules—the only law they followed was not guaranteeing a job to the interns at the end of their internship. One of the FLSA requirements is that the interns be made aware they will not be compensated. Although Fox informed them of this, the judge ruled that, because they should have been classified as employees, this did not amount to following the guidelines. The summary judgment states that “the FLSA does not allow employees to waive their entitlement to wages.”

The former Fox interns won their case, although Fox is currently in the process of appealing the decision. According to unpaidinternslawsuit.com, other recent lawsuits have been filed against NBCUniversal on behalf of former interns at MSNBC and Saturday Night Live, the Hearst Corporation on behalf of a former Harper’s Bazaar intern, Advance Magazine Publishers Inc. on behalf of two former Conde Nast interns at W. Magazine and The New Yorker, and Charlie Rose Inc. on behalf of a former intern for Rose’s talk show.

Clearly, the problem is widespread.

The implications of these lawsuits are unclear so far, but there has been much speculation. Following Conde Nast’s November decision to end its internship program, largely in reaction to the lawsuits, opinions have been split. The debate generally falls down to whether the plaintiffs are curbing future opportunities for other students, or whether an unjust practice is finally getting some much-needed regulation.

Unlike Conde Nast, Fox decided to alter its internship program rather than end it altogether. The court case against Fox includes that Fox “now

compensates interns who work in its corporate offices at \$8 an hour,” and cites this as proof that “requiring employers to pay interns will not end internships.”

“The Internship,” a 2013 comedy film following two interns at a tech company, nicely depicts some of the violations in today’s internship environment. “You will do what we do,” the head of the program tells the interns. “And we will watch how well you do it.” Essentially, this is how many companies are viewing internships: they are extended job interviews. An intern works for free for awhile, and if the company likes the performance, maybe the intern is hired. In some ways this echoes the race-to-the-bottom wage conditions of the 1930s—a willingness to work for free is a solid way to cut out one’s competition.

However, it also cuts out one’s own dignity. Employers should stop forcing this scenario to unfold, and must stop hiding behind the defense that the experience gained makes up for lack of payment. If someone is contributing to a business, that person, whether a worker or an intern, must be compensated. It’s not only the right thing to do—it’s the law. 🌐

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## Trying to stay warm this winter?

Try some of these hot libations

Written and Photographed By Morgan Knorr

**S**ometimes there's nothing more comforting on a cold winter day than a nice mug full of your favorite hot beverage to warm you up. Tired of the everyday hot cocoa or tea? Here are some recipes to liven up your hot drink regimen.

*Adults only:*

### Mulled Wine

Spice up your evening glass with this recipe.

#### Ingredients:

1 bottle Cabernet Sauvignon  
4 cups apple cider  
¼ cup honey  
2 cinnamon sticks  
1 orange, zested and juiced  
4 whole cloves  
¼ cup brandy  
Cardamom to taste  
2 cracked cardamom pods  
Cinnamon sticks for serving

#### Directions:

Combine cider, wine, brandy, honey, cinnamon sticks, orange zest, orange juice, cloves, and cardamom in a large saucepan. Bring to a boil and simmer over low heat for 10 minutes. Serve hot in mugs with cinnamon sticks.

### Hot Buttered Rum

How can a good hot buttered rum be excluded from any hot drink list?

#### Ingredients:

1 small slice soft butter  
1 teaspoon brown sugar  
To taste: ground cinnamon, ground nutmeg, allspice  
Vanilla extract  
2 ounces dark rum  
Hot water

#### Directions:

Place butter, sugar and spices in an Irish coffee glass or mug. Mix well or muddle. Pour in rum and hot water. Stir and serve!



## Adult Hot Chocolate

Here's a simple recipe for a more grown up cocoa.

### Ingredients:

2 ounces peppermint schnapps  
Hot chocolate  
Whipped cream and shaved chocolate (optional)

### Directions:

Pour schnapps into a mug or Irish coffee glass. Fill with hot chocolate. Stir and top with whipped cream and shaved chocolate.

*Not in the mood for an adult beverage? Here are some recipes for non-alcoholic drinks to warm you up.*

## Moroccan Mint Tea

Want something sweet and minty? Try this one.

### Ingredients:

2 tablespoon Chinese gunpowder tea or green tea  
16 lumps sugar or 1/3 cup granulated sugar  
1 bunch mint, stems discarded

### Directions:

Place tea, sugar, mint, and 4 cups boiling water in a teapot and stir until sugar dissolves. Let sit for 10 minutes. Strain and serve.

## Hazelnut White Hot Chocolate

Jazz up the regular winter staple.

### Ingredients:

3 ounces finely chopped, good-quality white chocolate  
1 cup milk  
2 ounces Frangelico  
Freshly grated nutmeg, for garnish

### Directions:

Place chocolate in a small heatproof bowl and set aside. Heat milk in a 1-quart saucepan over medium heat until it begins to bubble at the edges (about 3 minutes). Remove from heat and pour over chocolate; let sit for 1 minute. Whisk until smooth and add Frangelico, pour into a mug and garnish with freshly grated nutmeg.

## Hot Cinnamon Apple Toddy

Here's something to warm up for you whiskey lovers.

### Ingredients:

1 1/2 parts bourbon whiskey  
1 1/2 parts cinnamon schnapps  
1/2 ounces fresh squeezed lemon juice  
1 teaspoon agave nectar  
Hot apple cider

### Directions:

Pour bourbon, schnapps, and lemon juice into an Irish coffee glass or mug, and stir. Fill with hot apple cider.

## Masala Chai

Who doesn't love a good warm chai? Try this spiced up version of the favorite hot tea.

### Ingredients:

1/2 cup evaporated milk  
5 teaspoon sugar  
6 black tea bags  
5 pods crushed green cardamom

### Directions:

Bring milk, sugar, tea, cardamom and 4 cups of water to a boil in a saucepan. Remove from heat, let steep for 5 minutes, strain and serve hot.

## Fluffernutter Hot Cocoa

Here's another tasty variation of your regular hot chocolate.

### Ingredients:

1 1/4 cup milk  
1/4 cup marshmallow fluff (plus more for serving)  
2 ounces semisweet chocolate, finely chopped  
3 tablespoon creamy peanut butter  
Pinch kosher salt

### Directions:

Heat milk in a 1-quart saucepan over medium heat until it begins to bubble around the edges, or about 3 minutes. Add all remaining ingredients. Let sit for 1 minute, whisk until smooth. Serve with additional fluff on top.



## The Proof Is In The Meat

Experience true BBQ at Podnah's Barbecue Pit

By Evan Birkeland

I entered Podnah's Pit on a foggy evening as a wet, hungry Northwesterner seeking shelter from the cold. I left having eaten enough meat to stock a brown bear through winter.

But Podnah's is more than a place to satiate your inner carnivore. The restaurant is renowned amongst Portland foodies for its faithful and tasty rendition of Texas-style smoked meats, earning it a reputation as "the best barbecue this side of the Mississippi." How does the pit maintain its tangy tradition? According to Podnah's website, the answer is simple: don't mess with Texas.

The influence of the Lone Star State on the burgeoning Portland mainstay is easily noticeable; Portraits of Junior Brown, country music star and Texas native, adorn the walls, and long, laminated slabs of wood seat customers at the far wall.

Ambiance alone isn't what makes Podnah's the premiere barbecue joint of the northwest. The

real draw is the smoked brisket, pork sparerib, and Carolina-style pulled pork, cooked up daily starting at 5:00 am sharp. The menu is predominantly based off of these three meats served in various styles and with various sides, in tradition with most barbecue restaurants. What sets Podnah's apart from its less-traditional peers is the process of cooking those meats; unlike other barbecue pits, Podnah's cuts go into the cooking pit raw, and come out cooked, with no pre-cooking or microwaving to interfere with the flavor.

For Podnah's, the proof is in the meat. For an entrée I chose "The Pitboss," essentially a sampler of all three meats offered by Podnah's: a nice fat sausage link, cornbread, and two sides of your choice (in this case, green chili mac n' cheese and coleslaw). Though I knew I had ordered more than I could handle, I was unable to resist shoving the last morsel of tender, tangy sparerib down my already at-capacity gullet. The meat fell like butter off the sparerib. The pulled



pork was delectable, if eye-wateringly spicy, and the only way to describe the texture was ropey (in a good way); I could feel the strands of pork meat separating as I stripped them apart with my fork. The sausage almost exploded meat juice all over me upon cutting into it, and was packed with delicious porky flavor.

The only less-than-stellar part of the entrée was the smoked brisket; it was dry and bland, like eating a recently washed gym mat, and the cuts I tested were



The meat fell like butter off the sparerib. The pulled pork was delectable, if eye-wateringly spicy, and the only way to describe the texture was ropey (in a good way).

a little gristly for my tastes. This minor grievance aside, the food was scrumptious overall; the cornbread crumbled in your hand but was still moist, and the coleslaw is a great way to soothe your inflamed taste buds after downing a particularly large chunk of pulled pork.

You wouldn't guess it after seeing the crowd of hungry meat lovers consistently packed into the venue (when I went on a Tuesday evening the place was completely full), but Podnah's started off as a flash-in-the-pan. When lead chef and business owner Rodney Muirhead found himself out of a job in his chosen field of robotics, he started throwing parties at friends' houses, smoking up barbecue for fellow Texans and barbecue lovers alike. The popularity of these parties grew, and before long Muirhead went into business with three of his friends, forming a food cart known as L.O.W. BBQ (LOW stands for Laid Off Workers). Though the cart was a success, the group eventually parted ways. The legacy of L.O.W. can be seen in Podnah's specialty sauces, which it bottles and sells for take-home cooking. The sauces were concocted in his L.O.W. days.



I topped off the wad of assorted meats with which I had just engorged myself with a banana crème pudding. The addition of Nilla wafers makes the dish extra-homely and familiar; the wafers get all soggy in the blend of bananas and pudding, creating a chewy, chunky mélange of vanilla and banana.

With so much southern goodness to offer, it's not hard to see why Oregonians are flocking to Podnah's to shake off the winter elements. There's nothing like the taste of good barbecue to transport you to a part of the country where it's still 87 degrees outside. 🍷





# Cookie

# Madness



How to make perfect chocolate chip cookies...  
with science!!

By Matt Reynolds

This isn't a recipe for specific cookies designed to my taste, it's a guide to help you create cookies that are perfect for you. By understanding how the scientific reactions and combinations of ingredients within cookies affect their taste and texture you can master the zen of cookie-making and bite into a cookie specially tailored to tickle your taste buds. You might require some experimental batches before you refine your recipe to perfection... but even subpar experimental cookies will only bring you joy!

First, let's understand what occurs during the baking process. Once your cookies make it into the oven they experience several tasty chemical reactions. First butter melts and the cookies spread. The edges of the cookies become exposed to hotter parts of the baking pan and begin to set. As the butter melts it releases water, which, combined with acids in brown sugar, allow reactions with the baking soda that produce gases. These gases are trapped by proteins from the egg whites and cause the cookies to rise. When the cookies get hot enough they begin to experience the Maillard reaction that causes them to brown. At around 356 degrees the cookies become warm enough for the sugar to caramelize.

The main ingredients are flour, butter, salt, granulated sugar, baking powder (or baking soda depending on your preference), chocolate, and vanilla extract. Each of these ingredients can affect both the texture and final flavor of the cookie.

Usually the first step in cookie recipes is to mix your flour, baking soda, and salt together in a large bowl. The flour will provide most of the mass of your cookie so its important to understand the different flour decisions you can make. More cake flour leads to softer cookies, while more bread flour can lead to chewier cookies. Jacques

Torres, a master pastry chef sometimes referred to as "Mr.

Chocolate," published a cookie recipe in the New York Times that calls for an even mixture of cake and bread flour (1 to 1 ratio). However, if that seems like a lot of trouble to go through just for flour, J. Kenji López-Alt, who writes the excellent blog called "The Food Lab," suggests that regular all-purpose flour will perform just fine.

As a leavening agent, generally you have two options: baking soda or baking powder. Sodium bicarbonate—or baking soda—if dissolved in a liquid and brought into contact with an acid, will break down into water, carbon dioxide, and sodium. When baking, proteins in egg whites will trap carbon dioxide and affect the finished cookie's texture. Baking soda does not contain the necessary acid for this reaction to occur but the addition of brown sugar to your recipe will provide this.

Baking powder comes pre-equipped with these acids. Usually the included acids are double-acting, so some of the reaction occurs when the powder is first dissolved in water and the remaining part of the reaction occurs during baking.

Mr. López-Alt, after careful experimentation, determined that baking powder causes cookies to come out smooth and with a cakey texture while baking soda causes cookies with a coarser texture and craggier appearance. Baking soda will also help with the browning process so if you desire darker brown cookies add a little bit more.

Salt also affects the baking process. In addition to changing the flavor of your cookies it will also slow down the chemical reactions in your dough, make the structure of your dough a little tighter and stronger, and absorb some of the water. Therefore if you choose to add more salt to taste be sure to add in a little more water as well. Water is crucial to the reactions that occur with baking soda so

"By understanding how the scientific reactions and combinations of ingredients within cookies affect their taste and texture, you can master the zen of cookie-making and bite into a cookie specially tailored to tickle your taste buds."

changing the amount of salt in your recipe will affect those reactions slightly.

Additionally salt will absorb water moisture in the air, which can either extend the life of your cookie in dry climates by retaining water or cause your cookies to become slightly soggy in humid climates like Portland. Store your cookies in airtight containers to avoid soggy next-day cookies.

The next step in most recipes calls for mixing eggs, butter, vanilla, and your sugars. The specific order you choose to do this in will mostly be determined by your crucial butter decisions. Butter provides a rich source of flavor. The majority of the cookie recipes call for unsalted butter. Since butter is so essential to the flavor of your cookies it will be worthwhile to purchase higher quality butter (I've been using Tillamook unsalted butter).

When you put your cookies in the oven the butter will begin to melt (at 92 degrees Fahrenheit), the dough will liquefy slightly, and the cookie will spread. More butter will increase the eventual spread of your cookies.

There are several schools of thought on butter. Some recipes call for melted butter, some for creamed butter, and there are even a couple that call for slightly browned butter. If you melt the butter before you mix it with the eggs and sugar, your cookies will turn out denser. On the other hand if you cream the butter with the other ingredients, you also simultaneously dissolve some of the sugar and include more air into the dough. This gives the final product a more cakey texture. The final method for butter, the one that I prefer, is browning your butter before including it with the other ingredients. Browning the butter before adding it to the dough imbues extra nutty flavor to your cookies. The method I use for browning butter is prescribed by Mr. López-Alt in his cookie recipe. Quick summary of that method here: melt butter in pan and cook until it begins visibly browning and smells nutty. Remove butter from hot pan and whisk in an ice-cube to begin cooling process, remove butter to fridge to cool further (about 20 minutes). The warmer the butter is when you mix it with the other ingredients, the denser your cookie is likely to be. At this point butter, along with brown sugar, should be mixed into an egg, vanilla extract, and white sugar mixture.

Now let's examine eggs. The two components of eggs are egg whites and yolks. The whites have water and proteins. The water is crucial for allowing the reactions with the baking soda or powder to occur. The proteins in egg whites help to trap air bubbles in the cookies which helps them rise and adds to their texture.

More eggs whites will let your cookies rise more and give you more pockets from trapped gases. The yolks are mostly a source of fats for your cookies that help

maintain tenderness. It's fun to experiment with the ratio of yolks to whites. However, most of the recipes I looked at didn't bother to change their ratios and went with the ratio that nature provided.

There is some dispute regarding the vanilla extract you choose to use in your dough. The famous New York Times recipe by Mr. Chocolate calls for natural vanilla extract but Mr. López-Alt claims, according to the results of an informal taste test he conducted, that even imitation vanilla flavors will perform well in cookies or other baked goods. For my part I went with the cheap stuff and it tasted fine but haven't fully explored the realm of pure natural vanilla extract. I'm going to sound redundant but let me reiterate that I strongly encourage experimentation to find the ingredient that best suits your taste (or budget).

Arguably one of the most important components for the flavor of your cookie is the sugar you include. So make sure you tune into our next issue to check out how to include sugar, eggs, chocolate, vanilla and more to make a scientifically supreme cookie. 🍪



# Road Beers

The rise of growlers in Portland

by Colin Staub



Beer is an essential part of Portland culture. Long revered as a haven for beer-lovers, the focus has traditionally been on Portland's craft breweries and brewpubs. However, a new trend has emerged in the past couple years: stores offering growler fill-up stations. Initially adopted by alcohol-specific stores, this practice has recently extended to corner stores and even corporate grocery chains.

A growler is essentially a bottle that can be filled at the store and taken home. They generally come in 32 oz. or 64 oz. bottles, and are designed to keep beer fresh during transportation. Bottless.com dates growlers back to the mid-1800s, before beer-bottling became widespread. Bar patrons who wanted to drink elsewhere would be able to fill up some sort of storage container and take it out of the tavern.

So why the return to this practice, given the ubiquity of bottled beer?

Barry Lee, owner of the Clinton St. Market, offers a few answers. "A lot of beer comes only in a keg," he says, explaining that many breweries bottle only some of their beers. The others are brewed and distributed only in kegs, previously leaving consumers with a choice between going to a bar or buying a keg. The return of the growler has added another option, and it has caught on in a big way.

In addition to offering a wider selection of beers for home enjoyment, beer from a growler can boast a superiority over bottled beer: as it is straight from the keg, it lacks preservatives. It is how the beer was meant to taste, unadulterated by pasteurization or preservatives. As such, it needs to be consumed shortly after purchase, and cannot be stored for long periods as with bottled beer.

However, this has not deterred beer enthusiasts from filling their growlers. Lee, who began filling growlers in September, offers a rotating variety of five beers at a time, and has had no trouble selling this amount

each week. He has been taking customer requests for bottled beer for some time now, and got the idea for the growler station when he couldn't get some of the requested beer in bottles.

Instead of disappointing his customers, he decided to invest in the equipment necessary to house five kegs behind the counter of his small corner store. This feature caught on, and has become an integral part of the store. He even sells a customized "Clinton St. Market" growler.

And it's a win-win situation for Lee. The customers

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... straight from the keg, it lacks preservatives. It is how the beer was meant to taste, unadulterated by pasteurization or preservatives.

are happy because they can get their favorite beers fresh, and it's a good deal for the business because "the profit margin is better: for a full-sized keg, it costs less per ounce" than bottled beer does.

Other businesses have taken note of this profitability as well. Many bottle shops have offered this service for some time now—the Belmont Station has been filling growlers for several years—but recently, large franchised grocery stores have started as well. Zupan's on Belmont opened a growler fill station earlier in 2013, while Safeway on Hawthorne followed suit in November. *The Willamette Week* reported that this is the first Safeway in Oregon, and the second nationally, to add a growler station. Do these large stores present a problem of competition or saturation for smaller growler fill stations? 🌐



# Some Good Soup.

## And Some Not-So-Good Soup.

By Jake Stein

Photographed by Seth Mower

### Portland Soup Company

Portland Soup Company. It's that rustic-looking foodcart on 4th avenue behind Ondine. It's got an awning, and it's got a bench. Those are big extra points in the foodcart world—and this cart needs them. (Don't try eating your soup on the go, unless you like soup slop stains on your jacket and a burned tongue.)

Overall, if it's going to call itself "Portland Soup Company," this food cart should step it up a notch.

I ordered a sausage soup with onions and cabbage. The onions and cabbage were good. The sausage was tasty—only there wasn't very much of it. Probably just one regular-sized sausage sliced up. By the time my bowl was half-empty, there was no sausage or veggies left. I was basically drinking hot sausage-flavored water. Yum! More like "Portland Broth Company." However, this place has some decent cookies and serves you a complimentary small slice of french bread, so at least you have something filling to dip in that warm broth.

### Basha's

You might not expect to find good soup right outside your classroom.

Enter Basha's. You know the place. In the park blocks right between SMSU and NH. It's not a "soup company," but there's a surprisingly delicious soup hiding in this middle-eastern cuisine. Order the lentil soup with hot sauce. You'll spend three bucks and fifty cents for a bowl of hearty soup and some warm flatbread, and it's worth it. For about half the price of a bowl of soup at Portland Soup Company, you'll get a slightly-spicy somewhat-chunky lentil miracle that, while it may not fill you up if you're starving, will certainly stave off those midday yawns and keep you warm.

### Park Avenue Cafe

Park Avenue Cafe—or, colloquially, "that place in the park blocks with the red awnings"—was about what you'd expect from a hip cafe.

The soup was hot, and I was warm sitting down inside. That was nice. The soup of the day was a spicy beef chili with black beans and pinto beans and all kinds of beans and veggies, and it warmed me up physically and metaphorically and spicily and every other way you can think of. But there wasn't very much of it, and it cost four bones and some change. I suppose it was worth four dollars, but the soup wasn't altogether filling, even with the spare few slices of french bread. (Although I suppose if you're ordering soup you're not trying to eat a horse.) So if you've got some extra cash and you're not starving, try that cafe in the park blocks with the red awnings.



## A Point of View

By Eugene Messer

*Eugene Messer is a Vancouver native who has been writing for over forty years. He was a speechwriter for Robert Kennedy, Hubert Humphrey, and George McGovern.*



**D**ining In the Wilderness... Dining well in Oregon has a long and tasty history. On Sept. 12, 1836, a missionary party consisting of Marcus and Narcissa Whitman, and Henry and Eliza Spalding, arrived at Fort Vancouver, Wash., in what was later to become the Oregon Territory. After the long and difficult crossing of the continent from New York, the party arrived at the distant outpost exhausted and weary. They were amazed at what they found: the Chief Factor Dr. John McLoughlin had created civilization in the wilderness. He imported his goods by ship around the Horn—cheese from Stilton, port from Portugal, wine from France, ale from England, and scotch from Scotland. These items graced the table along with all kinds of produce from the garden at the fort: fruit from the orchards, pheasant, geese, duck and deer from the forest. They ate these delights with silver from Sheffield on porcelain from China.

Fort Vancouver was originally built on a hill near the Columbia River in 1824. Once it was clear the natives in the area were not a threat it was moved

to its present reconstructed location next to the Columbia River in 1825. The women referred to the fort as ‘New York in the wilderness.’ They shopped in the fort’s warehouses and acquired china, linen, cookware, blankets, furniture and other goods. “It is a delightful place,” Narcissa wrote. “We see now that it was not necessary to bring anything because we find it all here.”

Dr. McLoughlin’s Holiday Dinner Menu is still reenacted every year at the Fort Vancouver National Historic Site, to the visitors’ admiration and delight.

As population grew and Portland was born, saloons serving drink, food and companionship sprang up on nearly every corner. Over the years Portland became known as a place where it was enjoyable not just to eat but to dine. The free lunch served in the saloons gave way to full meals served on linen and consumed with silver. Though many, such as the old elegant Portland Hotel—now Pioneer Square—have vanished, other original establishments remain.

Holding the honor as Portland’s oldest restaurant is the venerable Huber’s, established in 1879 as The Bureau Saloon. Frank Huber, the second owner,

maintained a saloon complete with bar and spittoons where “downtown professionals could spit their chewing tobacco.” In 1912, Jim Louie, a stowaway Chinese immigrant, took over the management of the establishment and introduced the every-day turkey dinners which the restaurant is still known for. After a spell as a speakeasy during Prohibition, Huber’s continued with a bang. A descendant of the first Louie, one of the current owners can be recognized as the gentleman dressed in an elegant suit who greets patrons at the door.

Under the beautiful stained glass ceiling over the main dining room, a popular Spanish Coffee drink is served with a flourish at your table. The turkey can be served in the form of a very reasonably-priced hot turkey sandwich, or there are many other selections for dinner. But remember, Benjamin Franklin wanted the turkey and not the bald eagle as our national dish—oops! I mean symbol.

Also lingering from the saloon-speakeasy-bordello tradition is the San Francisco steakhouse-style Jake’s Famous Crawfish restaurant. Its namesake crawfish, seafood (with a fresh catch menu every day) and its steaks are truly of the finest gourmet quality. There is also an excellent happy hour menu. It prides itself in serving northwest quality products. When I wrote my first restaurant review years ago, Jake’s was at its finest and has never descended in quality.

Social and racial prejudice has often shaped the restaurant business around the nation, and Portland is no exception. The Chinese who had originally come to the United States seeking gold often opened restaurants (they had been cooks in many homes) as an alternative to working as laundrymen. They were often barred from other professions. Hung Far Low, established in 1928, is one of Portland’s many Chinese restaurants from an older period, and is still operating. It was located in what was then the West Coast’s largest Chinatown. Many smiling individuals posed beneath its large sign; its double entendre humor is obvious, though it actually means “red flower restaurant.” The original sign was preserved when the restaurant moved to a new location as an historical remainder of Chinatown and the Portland culinary experience. When you go to the new Hung Far Low in southeast Portland order the Fried Wonton, a dish that often in the early hours soothes a night of downtown partying.

The Jim Crow days brought their own form of prejudice as demonstrated in the Coon Chicken Inn on Sandy Blvd. The restaurant entrance is through the mouth of a large black man with a porter’s cap. The chain of three restaurants, the others in Salt Lake City and Seattle, prospered from the 1920s to the 1950s. The name of the restaurant, though containing the

racial slur, was chosen as representative of the many black cooks who prepared wonderful fried chicken throughout the nation, especially in the South.

When I was a student in France I traveled to Rome before university classes started, and there found all the food I remembered from Portland’s many fine Italian establishments. All the lasagnas and spaghettis and other comfort foods I loved to wolf down. Of the many establishments in our city, one remains that still fills me with absolute nostalgia: Caro Amico on Barbur Blvd, founded in 1949. When you enter the door, you smell the decades of garlic and spices that permeate the walls. The restaurant, which serves all the traditional Italian items, is also where most Portlanders were introduced to pizza when the pie finally made it out West after World War II. Diners can taste many of the flavors of Italy in the familiar cuisine, while being bathed in the light of countless candles burning in empty Chianti bottles. But no worries, there is still plenty of good Italian wine, and many other drinks, at the bar.

I would now mention the French immigrants who founded Portland’s many delightful French places to satiate one’s hunger. One of my favorites is the Brasserie Montmartre, located in a wonderful baroque-style building. In this Parisian café and dinner house one will find all the treasures of fine French cuisine: from the décor to the bar to the kitchen, France holds sway. Many of us remember nights of jazz and magic shows at the Brasserie.

But what town or city in America would ever have found its way out of the wilderness without the Greek immigrant who arrived and opened a restaurant showcasing his country’s special and unique fare. Of the many Greek places established through the years, Alexis on Burnside, founded in 1954, stands out, offering a true adventure into a colorful Greek taverna. Ouzo, retsina wine, occasional bellydancing—this place is all Greek. Enjoy your Souvlaki, Moussaka, Spanakopita or Baklava here.

Out of the wilderness a food-mecca has been born. Portland has always been small enough that if a restaurant was not good, word spread and it promptly closed, leaving the good ones to prosper. Now Portlanders can also dine at one of the world’s largest selections of food carts, catching all manner of ethnic delights (the choices are endless, as you probably well know) and washing the meal down with a prizewinning beer from a plethora of exceptional boutique breweries. We don’t have to trudge across the continent or climb over the Rockies like those original weary diners, but afoot, by bike, bus, max or automobile we can arrive anywhere in the world—all within Portland, Oregon.

Bon Appetit! 🍷



## Tired of the usual, questionable grub found at bars?

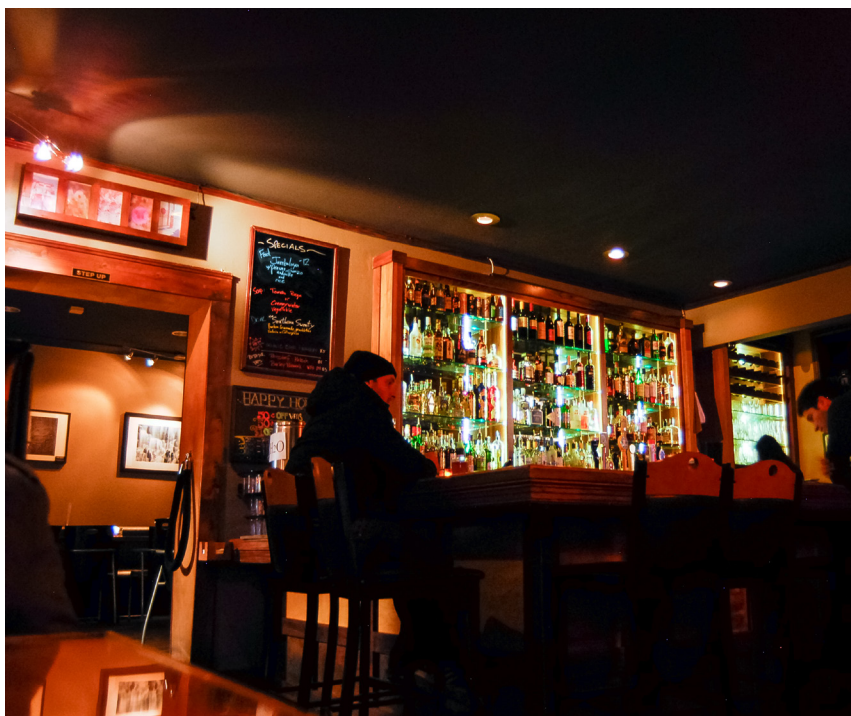
Check this out for some better options.

Written and Photographed By Morgan Knorr

Sometimes enjoying the great nightlife that Portland has to offer alongside a tasty meal is preferable to a sit-down restaurant or that burrito cart down the street, but the typical fare served at bars is often not ideal or even palatable. A nice stiff drink can perk up one's appetite and lead to ordering an unsatisfying or questionable "dinner."

That urge to go patronize the neighborhood pub with an empty stomach can be frustrating with the knowledge that feeding both needs at the same place could lead to a nauseous morning. Thus it ought be known that there *are* better options and it *is* possible to have a restaurant-worthy dinner accompanied by the atmosphere only a good bar has to offer.

Here are some go-to spots to solve this problem:



### Whiskey Soda Lounge

*3131 SE Division St.*

Those bearing the typical long wait to get into Pok Pok are invited to kill time at Whiskey Soda Lounge across the street. Both spots are owned by "Best Chef Northwest 2011," Andy Ricker, and both serve some of the same delicious traditional Southeast Asian fare. The Vietnamese fish sauce wings, available regular or spicy, are a menu item that can't be overlooked. As the menu itself puts it, "these are the wings you've been looking for."

### Nightlight Lounge

*2100 SE Clinton St.*

Meals with gourmet-looking presentation at prices that won't leave your wallet uncomfortably light, and bartenders whose cocktail-making knowledge goes beyond a gin and tonic or rum and coke definitely make this a spot worth checking out. Try the steak frites, eight bucks worth of grilled steak with fries, sautéed spinach, wild mushroom bacon pan sauce and a garlic mustard aioli, a menu option that can't be passed up.





## Doug Fir Lounge

*830 E Burnside St.*

With its often-crowded basement venue and split bar and restaurant upstairs, The Doug Fir has much to offer. Open for breakfast, lunch, and dinner, and with an awesome happy hour menu available every day from 3pm - 6pm, there are many menu items that stand out (including some tantalizing daily specials). Try the Dungeness crab burger, served with a lemon aioli and braised winter greens for \$7 off the happy hour menu, or the candied bacon burger for a later dinner (\$12). Their cocktail menu is filled with a lot of drinks that are hard to say no to as well, including a blackberry Cosmo with 42 Below vodka, fresh lemon, blackberry and triple sec.

## Victory Bar

*3652 SE Division St.*

Voted Willamette Week's "Bar of the Year 2013," and one of Portland's best 30 burgers by Portland Monthly Magazine, Victory Bar is a small, intimate spot with great food and tasty drinks. The must-try spaetzle, a creamy baked pasta and cheese dish, is a unique and filling menu item—or you can go for the venison burger, with sharp cheddar, house pickles and chips, served on a brioche bun.







## What's Your Cup Of Coffee?

Coffee explained by a pro.

By Kate Jensen

Photographed By Seth Mower

Coffee in Portland is more than just a cup of caffeine, it's an obsession. And during the rainy months of the school year, nothing sounds quite as cozy as doing homework in a coffee shop.

During my sophomore year I worked part-time at a Starbucks in downtown Portland and learned a lot about the inner-workings of a coffee shop. I have plenty of tips on what to order, how to order, and where to go to find exactly what you're looking for.

For those that prefer drip coffee, the most important decision to make is which type of roast you like. Roasts of coffee differ by country of origin and the length of time they are roasted. Coffee beans from Asia tend to carry a more earthy or herbal flavor and are often

roasted for longer periods of time to make a dark roast. African beans have a wide variety of unusual flavors like berry, spice, and floral. These may sound like strange tastes to find in coffee, but can bring out some exceptional flavor, especially when paired with a pastry. You would be surprised how different a blueberry muffin tastes with an African versus Asian roast. Beans from Latin America are often nutty and can sometimes have a light citrus or floral note, best paired with an orange scone or piece of pecan pie.

The fundamental difference between a dark, medium, and light roast is how long the beans are roasted for. The longer the bean is roasted, the darker the roast and richer the flavor. However, if you're in it for the caffeine, light or blonde roasts are your





best friend. Due to the fact that they are roasted for a shorter period of time, light roasts have a notably higher caffeine content.

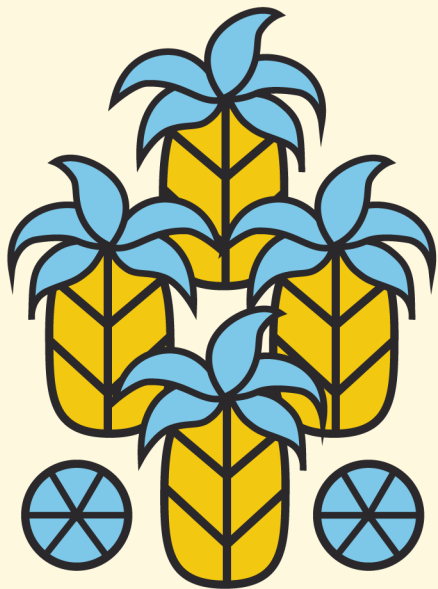
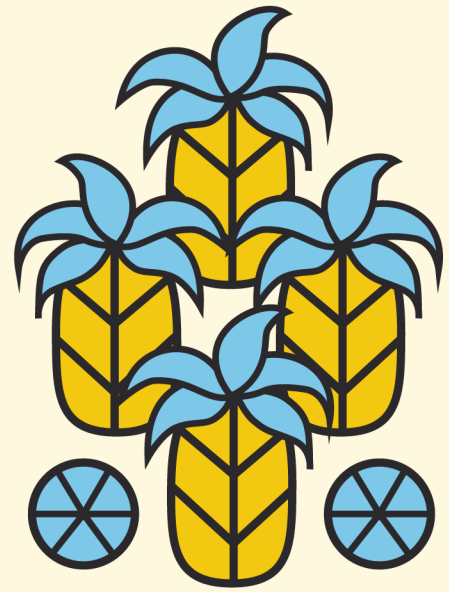
Finding the roast that works for you can be difficult; I suggest grabbing a coffee snob friend and trying a few different roasts. Baristas are exceptionally knowledgeable about the coffees brewing in their shop and should be more than happy to offer suggestions (and maybe even samples).

If you're on campus, don't underestimate the Branford Bean inside Branford Millar Library. They use Stumptown beans and don't have the burnt taste that many dislike about Starbucks. For fancy lattes and flavors I suggest Seattle's Best. Their flavors are not as sweet as Starbucks or most local shops and their whipped cream is thick and fresh.

Is our coffee habit bad for our health? Contradicting studies have yet to produce a straight answer, but as the topic of coffee has increased in popularity we

are learning more about the world's most common beverage. Most importantly, coffee habits are associated with certain lifestyle choices. For many years coffee has endured a bad reputation as causing adverse health outcomes. This association stems from the traditional pairing of coffee with cigarettes. Nearly every clinical trial participant who drinks coffee also smokes, skewing the data to demonstrate a negative effect.

However, Dr. Rob van Dam of the Department of Nutrition in the Harvard School of Public Health summarizes the health effects of coffee as neutral. There are studies that suggest caffeine consumption may help prevent type II diabetes and Parkinson's disease, and may help improve memory. But the differentiation between the benefits of caffeine consumption and coffee itself has yet to be clarified. Nonetheless, researchers are running out of reasons not to drink coffee. ☕



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